

## UPCOMING EVENTS

### *Kaupapa ka whai ake*

Term 1 Ends -  
*Friday 12 April*

Term 2 Begins -  
*Monday 29 April*

Board Meeting -  
*Tuesday 30 April*

Report Evening -  
*Thursday 16 May*

Lit/Num Exams -  
*Monday 20 May to  
 Wednesday 22 May*

Teacher Only Day -  
*Friday 31 May*

Kings Birthday  
 (Public Holiday) -  
*Monday 3 June*

Teacher Only Day -  
*Tuesday 4 June*

Term 2 Ends -  
*Friday 5 July*

**SEE THE BACK PAGE FOR  
 AN INDICATIVE TERM 2  
 CALENDAR FOR 2023**



**Tāwhirimātea  
 Yellow House**

**In Māori mythology,  
 Tāwhirimātea is the god of  
 weather, including  
 thunder and lightning,  
 wind, clouds and storms.**



## **Waka Ama Nationals 2024**

**Photos and results inside!**

### **Koorero a te Tumuaki The Principal speaks:**

Kia ora koutou katoa. Nau mai haere mai ki tenei panui marama!

We are into the final weeks of Term 1 and before we know it, we will be starting Term 2! This weekend is Easter weekend and I'm sure you will enjoy plenty of family time and chocolate. Hopefully the weather holds off and we can enjoy the last moments of summer!

At the end of this term we say goodbye to Mrs Nielson for a while, as she goes on maternity leave, and we will welcome Mr Albuero as her replacement at the start of Term 2. We also say farewell to Mrs George and Mrs Bonghanoy who are leaving us at the end of term and we wish them all the best!

Next term our winter sports codes will kick off and we wish all our students representing the school in these the very best! In this e-Bulletin is information around sports, how we expect our students and spectators to behave and fair play. Please make sure you read this and adhere to it.

A massive well done to the students that represented our kura at the Waka Ama Nationals in Rotorua this month! You achieved some spectacular results and we have received positive feedback about you representing our school. It was great to see a lot of new faces join our Waka Ama teams this year too! Nga mihi also to the Relay for Life team raising money for the Cancer Society - awesome effort from all! Ka mau te wehi!

CONTINUED INSIDE. . .

## 'THE PRINCIPAL SPEAKS' CONTINUED. . .

At a recent school assembly I spoke to the whole school about these things:

1. Using physical violence to resolve any issue is totally unacceptable and will not be tolerated at Tuakau College. If students use violence then they will suffer the consequences of a stand down or a suspension.
2. Some students are inciting violence. In other words, they are encouraging someone else to have a fight or telling stories about someone else so that they will fight. This is also totally unacceptable and will not be tolerated.
3. Swearing around the school and at teachers is offensive and we will be dealing with this severely.
4. Making racial remarks, slurs or comments to anyone or saying it out loud so others can hear is totally unacceptable and will not be tolerated. It is offensive for students to say these things at any time and this needs to stop.
5. Being rude, abusive and not doing what you are told by a teacher is becoming prevalent. Teacher requests are reasonable and I expect the students to do as they are told. The teacher is in charge, not the students - and for some of our students they need to realise this.

These behaviours are on the serious end of the spectrum and not all of our students do this but I am just wanting to highlight this to the school community that the school is working very hard to ensure that everyone is safe. Please see the information on stand downs and suspensions provided in this e-Bulletin. There needs to be a serious re-set on behaviours and attitudes. We have a guidance system that is very supporting of things that students are facing and students need to use this. Deans, Whānau Teachers, Guidance Counsellors, etc. are here to support them.

On the back page of this e-Bulletin is an indicative Term 2 calendar. I would suggest printing this out and keeping it handy to look at for key dates and also 'days' of the timetable. The 'day' of the timetable is also posted on our 'Week Ahead' which is shared on our social media (Facebook and Instagram) pages on a Sunday before each week.

This is the last e-Bulletin before the holidays, so please enjoy your holiday break and we look forward to all the students returning in April for Term 2. Over the holidays the school will celebrate its Golden Jubilee (50 years of the school) and I encourage you to register for this event if you haven't already!

For Christians, Easter is the time to recognise the sacrifice that Jesus Christ made around forgiveness. For many of us it is about reflecting on what we are doing and are we doing the right things, it is about tolerance, helping others, forgiveness and getting on with each other. The Easter bunny and Easter eggs are about new life and our future so we need to make sure this happens. As a school we need to make the right changes when we return after Easter break, for everyone. Please remember that Easter Tuesday is a school holiday nationwide and school is not open on this day.

Kia kaha, Kia manwanui, kia hauora. Kia pai te hararei. Noreira ngā mihi nui kia koutou katoa.

*Mr Chris Betty*



## Term 2 School Value *Wāhanga 2 Kura Uara*

**At our kura we have four school values and we focus on one value each term of the year.** These values are an integral part of our school and we want all of our students to display them in their day to day life, not only at school but also outside of school.

In Term Two we focus on 'Ngākau Tapatahi - Integrity.' Having integrity means that you live in accordance to your deepest values, you're honest with everyone, and you always keep your word. Integrity is a highly valued trait, especially in leaders.

Integrity often means refraining from sharing secrets with others, avoiding gossiping about others, following through on promises you make and admitting when you are wrong.

## Tuakau College Board 2024 *Māngai Ākonga mō te Poari Kura 2024*

**At the last Board meeting a new Presiding Member was elected for 2024.** The new Presiding Member (Board Chair) is K Ngataki and the new Deputy Board Chair is N Moore. A big thank you to N Moore for all her hard work during her time as Board Chair! N Moore will remain on the Board as an elected parent representative. The other Board members are M Preston, E Mouton, M McDowall, U Aitken, M Albert, H Kani, T Potts (Staff Representative) and A Walker (Student Representative).



## Sports and Fair Play

### *Taakaro me te takaro tika*

**Next term our winter sports codes will kick off and we wish all our students representing the school in these the very best!** It makes us proud to see our students working in a team and collaborating while supporting each other to get the results they desire.

A friendly reminder that students are representing our school in school uniform kit and therefore we expect a good behaviour and sportsmanship in every aspect of the sport - whether it be games, trainings, travelling to trainings, etc.

Another friendly reminder that when games are held on school grounds the school rules still apply to everyone on the grounds and therefore this means no smoking/vaping, no dogs or animals on site, etc.

We love to see whaanau there supporting our students and encouraging them and we know it means the world to your children when you are there watching them. They are however, only children, and so we ask that spectators are considerate of this and kind and respectful.

We say a massive thank you to all those who volunteer as referees/umpires for sports as we know that games cannot go ahead without them and we ask that students and spectators alike are respectful of them also.

Thank you also to the parents/caregivers/members of community that step up and dedicate their time for our students as coaches, managers, etc. Thank you so much for this as it couldn't happen without you!

Earlier this term a Sports Handbook was emailed out to all parents/caregivers and we ask that you please read over this with your students so that they are aware of the schools expectations around sport. As stated in this handbook, it is expected that students will:

- Attend all timetabled classes.
- Expected to have no more than 5% unjustified absences.
- Meet homework and assessment deadlines.
- Wear the uniform correctly, at all times.
- Attend all practices/trainings and communicate with the adult in charge if unable to attend.
- Follow the Fair Play Rules, if playing Sport.
- Pay for the activity (or make arrangements for regular payments) before the activity begins unless otherwise stated.
- Understand that curriculum work and school detentions take priority over extra-curricular activities.
- If a student is suspended or stood-down from school then they may not participate in the school activity and/or practice during the suspension and stand-down time. Discussion will be had regarding future participation at the return meeting with senior management.

By following the above criteria students can enjoy activities and be successful in all areas of their education. In cases where students do not meet the above standards, a student may be withdrawn from an activity. This may include practices and/or competitions for one or a number of weeks. This will occur after senior management have informed students and parents/caregivers have been notified.



## Stand Downs and Suspensions

### *Tu ki raro me te Whakatarewa*

**Sometimes students at school are 'stood down' or 'suspended' and below is some information about what this means.**

A stand down is the formal removal of a student from school by the Principal for a specified period. Stand downs can be no more than five school days in a term or ten school days in a year. A stand down is usually anywhere from 1 - 5 days in length depending on the reason. While on stand down students are not allowed on or around the school grounds, nor are they permitted to attend any sports practices, games, socials or other school activities.

A suspension is the formal removal of a student from a school by the Principal until the Board decides the outcome of the suspension at a suspension meeting. At a suspension meeting the Board can decide to:

- a) Lift the suspension without conditions or
- b) Lift the suspension with reasonable conditions imposed or
- c) Extend the suspension with reasonable conditions imposed or
- d) exclude (if the student is under 16 years of age) or expel the student (if the student is over 16 years of age)

These are serious consequences and not what we want for our students, however all actions have consequences and unfortunately sometimes these are the consequences.

## Road Safety around Schools

### *Te haumarū huarahi huri noa i nga kura*



SAFETY  
FIRST

**We understand that the traffic congestion outside schools in the morning and afternoon peak times is very frustrating.** Not only that, but illegal parking puts our children at risk. We really need you as our parents/caregivers to be considerate and be 'road safe' around our kura, for the safety of not only our students but also yourselves.

It is important that students wait in the designated bus bay area where it is safe for them to do so. It is also important they wait until the bus has stopped and the door has opened before getting on the bus. We have staff out in the bus bay scanning students on and off the bus so students are unable to get on the bus before they have been scanned.

We ask that parents/caregivers stick to the speed limit outside the school and on any other road then 20 kms per hour when passing a school bus.

We are very aware that during school pick up time the area around both entrances to the school is extremely congested. We ask that, where and if possible, you consider maybe collecting your child slightly after 3:30pm (eg. may 3:45pm) as this might help ease the congestion of every parent/caregiver turning up at exactly 3:30pm. Please be aware that the school buses are larger than cars and need extra space to turn. etc. so please be respectful and understanding of this as our children leave the school in the buses.

Please remember, it is ILLEGAL to park where there are yellow lines. If the Council checks parking around the school, you will be fined for parking where there are yellow lines. Please DO NOT park across driveways and block access to peoples houses. This is not acceptable and we ask for your co-operation in this.

The Waikato District Council has advised the school they have received a number of complaints about the parking outside the school, and so we are asking for your help to ease the problem and congestion.

We appreciate you understanding and co-operation as we work together to keep our road safety a priority around the our kura.

**An email will be sent out today to all parents/caregivers with an update on buses for Term 2.**

**Please read this!** The main buses affected are:

1. Pookeno (all buses)
2. Port Waikato
3. Pukekohe
4. Pukekawa South
5. Harrisville.



## Relay for Life students wow with funds raised

*Ko nga taurira Relay For Life ka aue me nga moni kua kohia*



**Earlier this month 16 of our students participated in the Relay 4 Life in Hamilton!** The team did awesome and countless laps were walked to symbolise the continuous battle that many people fight with cancer every day. They raised a total of \$4470 for The Cancer Society making us one of the top 10 highest fundraising groups in all of Waikato! A special mention goes to Madison Hughes who walked a full marathon during the event!



## Year 12 Outdoor Education Trip

*Tau 12 Haerenga Matauranga o waho*



**Earlier this month, a group of our Year 12 Outdoor Education students went on a risk management camp to Taawharanui.** They were very lucky with the weather and were able to enjoy some mountain biking, kayaking and swimming!



**Waka Ama Nationals 2024**  
*Waka Ama Nationals 2024*



**This was our seventh year attending the New Zealand Secondary Schools Waka Ama Nationals in Rotorua!** This year we had four teams representing our kura, six new paddlers to the sport and eleven first timers at Nationals! Two of our teams made it to the finals - U16 Boys 250m/500m and U19 Girls 250/500m final. The U16 Boys made it to the podium, placing second in Te Takaere 500m final by 0.01 behind first place. In addition to our U16 boys and U19 girls, it is important to mention our U19 boys and U16 girls who also made semi-finals, and only missing out on their progression. Ka mau te wehi! Huge thanks and appreciation must go out to Katt Jackson and Raukura Hauora o Tainui for their ongoing support for our taurira in this kaupapa. A huge mihi to Hinemihi Marae and the 'haukāinga' for the wonderful facilities. We hope to return next year!

**Te Winika - U19 Boys:** Wairangi Shaw, Kyan Young, Whitiri Preston, Hauraki Hira, Clayton Pearson, Matiu Ruka and Callum Temara

**Te Wahapuu - U19 Girls:** Takaiho Tamehana Haunui, Rangipokaia Shaw, Alyssa Calder, Kowhai Wihapi, Tiraha Herangi and Wairua Taua

**Te Ia Roa - U16 Boys:** Tukaua Aupouri, Tipene Thompson, Rogan Butcher, Kiritaahanga Hira, Reihana Nahi and Kupa Ngataki


**Ookarahea - U16 Girls:** Liyah Purdon, Cali Ngataki, Matariki Ruka, Ata Cooper-Simeon, Jayda Minhinnick and Avalon Ngataki




## Year 11 Outdoor Education Trip *Tau 11 Haerenga Akoranga ki waho*

Earlier this month our Year 11 Outdoor Education students paddled locally from Les Batkin reserve and camped at Tauranganui Marae!



 **HEALTH CENTRE**  
*Tari Hauora*



**Water is the best drink choice for hydration!** It is strongly encouraged for all students to carry a drink bottle to school everyday. The benefits of water vs sugary drinks include:

- Prevents tooth decay
- Improves mental clarity and brain function
- Reduce sugar cravings
- Can save you money
- Plus many other health benefits

Year 7 and 8 Vaccinations - thank you to parents/caregivers for returning signed consent forms. If you didn't receive the information booklet and consent form, and wish to get your child vaccinated this year, please contact the School Nurses on [nurse@tuakaucollege.com](mailto:nurse@tuakaucollege.com)

Please continue to keep your child/children home if they are unwell, especially with respiratory and gastro symptoms.

Keep well and have a blessed Easter!

*Bianca Bonghanoy and Charlotte Evans (School Nurses)*  
Phone: 09 236 8521 ext 119



## Endorsement Assembly *Huihuinga Whakamana*

On Friday 22 March we celebrated our students that received Endorsements in NZQA in 2023 at our Endorsement Assembly! An outstanding effort and great role models for our young students to look up to!



**REGISTRATIONS  
OPEN NOW!**



# TUAKAU COLLEGE

Pai rawa atu i nga mea katoa • The very best in all things

# GOLDEN JUBILEE CELEBRATING 50 YEARS

19 APRIL - 21 APRIL 2024

**> REGISTER NOW**

ONLINE AT  
**[WWW.TUAKAUCOLLEGE.COM/GOLDENJUBILEE](http://WWW.TUAKAUCOLLEGE.COM/GOLDENJUBILEE)**



## Tuakau College student shines bright *Ka whiti te taurira o te Kareti o Tuakau*

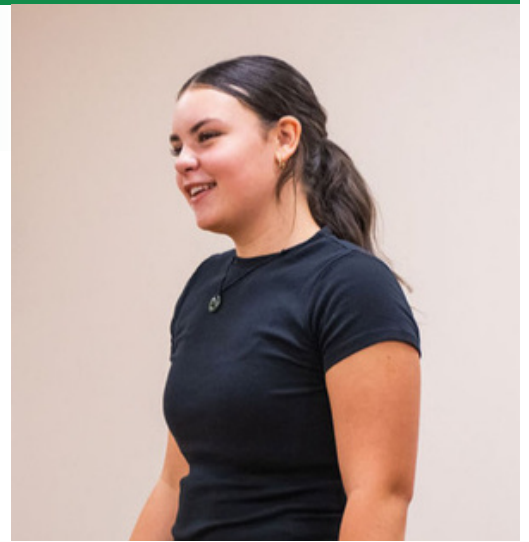
**Poppy Aislable, a Year 11 student, has recently returned from a 17 day performing arts tour in the United States of America.** This tour was auditioned for in 2022 and saw Poppy fundraising to pay for herself to attend, throughout 2023. Whilst away Poppy performed as part of the Australasian AllStars who are now international award winners after gaining one of six Outstanding Performance Awards at Junior Theatre Festival WEST which was attended by 2000 students, performers and teachers. The trip also saw Poppy attending Broadway shows and working with Broadway performers in workshops.

Since returning she is straight back into meetings and rehearsals for the ANZAC Commemorative Service in Newcastle Australia. The Newcastle Hunter Combined Schools Commemorative ANZAC Service held annually in Newcastle, Australia sees selected student leaders come together to research and create. It is an event of great significance that has been an integral educational project since the 1960s. The service is a collaboration between the public, Catholic, and private school sectors, in which students research and create a moving educational ANZAC service that pays tribute to the service, sacrifice, and heroism displayed during times of conflict and peace keeping. The integration of drama and music performances into the service helps us vividly retell significant historical stories, fostering a deep sense of connection with the past.

The 2024 commemorative event, set to take place at the prestigious Civic Theatre, will delve into a captivating narrative theme: "ANZAC - An enduring bond of courage and mateship." The focus of this theme will be the historic and modern ties between Australia and New Zealand in the context of military cooperation. By shedding light on these connections, we aim to foster a deeper understanding of the ANZAC legacy and its global impact.

As part of this special theme, four senior students from New Zealand were invited to participate in the research and presentation of the service. This required two short visits to Australia for the selected Kiwi students as well as weekly planning meetings via online video conference. The first trip in November 2023 was partially funded by the Auckland District RSA.

The students are now fundraising for the return trip, happening at the beginning of April. This leg sees the performers rehearsing and then presenting to close to 3000 Newcastle ākonga and kaiako as well as invited members of the Defence Forces and local dignitaries. If you would like to help Poppy please visit <https://givealittle.co.nz/cause/the-anzac-story-retold>. Congratulations Poppy - awesome work!



<p><b>VISION:</b> Ka whakarite kareti o Tuakau i ngā ākonga kia whai tāna e tōmina nei, kia kōanga tonu tana kete mātauranga. Tuakau College prepares students for life through a quality education promoting excellence in all things.</p>	<p><b>STRATEGIC GOALS - TUAKAU COLLEGE WILL:</b></p> <ul style="list-style-type: none"> <li><b>Whakawhānui i ngā whai wāhitanga te angitūtanga o ngā ākonga.</b> Maximise opportunities for student achievement.</li> <li><b>Me ārahi i ngā whanaketanga o te rohe o te Ao hurihuri.</b> Lead local developments in a continuously changing world.</li> <li><b>Kia noho hei manawa o te hapori kia hiahia te katoa.</b> Be the heart of the community where everyone wants to be.</li> </ul>		<p><b>MANAAHI, AROHA + WHAKAUTE</b> CARING, LOVE + RESPECT</p> <p>He aha te mea nui o te Ao? He tāngata, he tāngata, he tāngata. What is the most important thing in the world? It is people, it is people, it is people.</p>	<p><b>NGĀKAU TAPATAHI</b> INTEGRITY</p> <p>Kaua e takahia te mana o te tāngata. Do not trample on the mana of the people.</p>	<p><b>Ū TONUTANGA</b> PERSEVERANCE</p> <p>Kaua e mate wheke mate mangōpare. Don't give up like an octopus but fight like a hammerhead shark.</p>	<p><b>TINO PAI RAWA</b> EXCELLENCE</p> <p>Pai rawa atu i ngā mea katoa. The very best in all things.</p>
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## Cleo Beckett wins another Stockcar trophy *Ka riro i a Cleo Beckett tetahi atu taonga mo Stockcar*

**Cleo Beckett, a Year 10 student, competed at the Whangarei Saloon and Stockcar Clubs Cortesi Junior Trophy Dash earlier this month.** She won the first race, placed second in the next race and won the final race of the day. This gave her enough points to get first place overall for the event! Well done Cleo!

## Let's support our teens to balance their screen time!

Come join youth worker Amber to talk all ways we can support our teenagers to have a healthy relationship with their screens and technology



Tuesday 30th of April 7:30 - 9:00 pm

with Q&A

Only \$18!

Bookings essential  
<https://events.humanitix.com/balancing-our-teens-screen-time>

real parents

## 6 Things our teens need to thrive!



Come join youth worker Amber to talk about supporting our teens to thrive and grow into the amazing people we know they can be



Wednesday 29th of May  
7:30 - 9:00 pm with Q&A

Only \$18!

Bookings essential  
<https://events.humanitix.com/balancing-our-teens-screen-time>

real parents

## PUKEKOHE INDIAN SPORTS CLUB IS CALLING ALL BOYS AND GIRLS IN YEAR 9 AND 10

Are you ready to unleash your potential on the field?

PISC is thrilled to invite you to be a part of our dynamic field hockey team! Whether you're a seasoned player or eager to try something new, we welcome you to join our vibrant community of athletes

### What's Included:

·Fee and Gear Compensation: We understand the importance of cost and accessibility. Rest assured, there are fee and gear compensation opportunities available to ensure that financial constraints do not hinder your participation (Conditions apply)

If you are interested and wish to find out more please contact us via email at [juniors.pisc@gmail.com](mailto:juniors.pisc@gmail.com)

## Tuakau College students make Basketball Rep teams

### *Ko nga tauira o te Kaareti o Tuakau ka hanga kapa Poitūkohu Rep*

Four Tuakau College students have recently been named as part of the Franklin Basketball reps teams. Well done to Joel Martin-Hughes, Kenan Albert, Flynn Thompson and Kahu Lindsay!



## Students referee at BBNZ Senior 3x3 Northern National Qualifiers tournament

### *Kaiwawao nga tauira i te whakataetae Tohu Whakataetae Motu 3x3 Matua BBNZ ki te Raki*

Two of our students, Bethany and Brya Mahoney, refereed at the BBNZ Senior 3x3 Northern National Qualifiers tournament recently! This is a gruelling tournament, played over three days, with more than 60 schools represented from all over the upper North Island!



Bethany and Brya were refereeing up to 10 games each per day, and were both awarded Finals games to officiate! Brya was selected to referee the Senior Open Girls final (and Senior Open Boys bronze match), and Bethany was selected to referee the Senior Premier Girls final (and the Senior Premier Boys bronze match). Photo credit: Shot by Brad



## Student success at NZ BMX National Championships

### *Ko te angitu a nga tauira i te whakataetae NZ BMX National Championships*

From the 15 - 17 March a Year 7 student, Devon Smith, competed at the New Zealand BMX National Championships in Hawkes Bay. Devon placed sixth overall all in her division and now holds the title for NZ #6 in the country for the next 12 months! Well done Devon!



## Tennis Tournament *Whakataetae Tennis*

Well done to the students that represented our school at the Counties Manukau Secondary Schools Tennis Tournament this month!



## 'Waste-Ed with Kate' *'Waste-Ed with Kate'*

Earlier this month we had 'Waste-Ed with Kate' come and talk to our girls about reusable period products. It was a great, informative lesson and our students got given a few freebies. There are still more free reusable undies, pads and cups to give away. Please see Mrs Buttery or another PE teacher if you would like any.

## Autumn 2024 Holiday Programme

# KAS

KIDS AFTER SCHOOL

Based at Harrisville School

Harrisville Rd, Tuakau

Programme: 027 694 3022

WINZ Subsidies available for eligible families

Office 09 236 4078 Email admin@kidsafterschool.co.nz



Programmes also available at Bombay, Pukekohe Hill, Karaka, Waiuku, Patumahoe & Pokeno Primary Schools

### Monday 15th April

#### Tag-tastic!

Tag - you're it!

Kickstart the holidays with every kind of tag game you can imagine! From infinity tag to hotdog tag - we've got them all!



\$39

### Tuesday 16th April

#### Trip Day 8 years & up

#### Lawn Bowls

Challenge yourself and learn the awesome game lawn bowls from our local players!

\$50

#### All Ages Option: Storyteller

Dress up as your favourite book character today for fun, games & storytelling by a special visitor!

\$58

### Wednesday 17th April

#### Wizarding World

Hogwarts is coming to KAS! Witches & wizards are welcome as we make wizardly goo, bubbling potions, cauldron cakes & crafts with a hint of magic!



\$39

### Thursday 18th April

#### Trip Day

#### Event Cinemas Manukau

We're off to enjoy our very own special showing of:



Kung Fu Panda 4

Order movie food using the 'Comments' section online BEFORE finalising your booking

Movies subject to change

\$60

### Friday 19th April

#### KAS Bake-Off!

We're getting together to bake up tasty treats in a team competition! Wow the judges and see who bakes the best bikkies or brownies!



\$39

### Monday 22nd April

#### CSI Day

Put your detective skills to the test solving a mystery at our programme! Come dressed to impress like Sherlock Holmes, Nancy Drew or Detective Pikachu!



\$39

### Tuesday 23rd April

#### Trip Day

#### Hamilton Zoo

We're all going to the zoo, zoo, zoo and you can come too, too, too! Pack your raincoat for this walk on the wild side!

\$65

**Alternative Option:** Animal Antics! Feel free to wear an animal onesie or costume for our animal activities and games!

May travel to another programme \$39

### Wednesday 24th April

#### Lest We Forget

Join us as we remember our service men & women. Get creative making special crafts, ANZAC baking and playing old-time games!



\$39

### Thursday 25th April

#### ANZAC Day



### Friday 26th April

#### Splatter Art

Let's get arty with freestyle splatter art and silhouette pictures! Plus burn off some energy enjoying rounders and beat the ball!



\$39

Prices listed above for our Main Programme 8am to 3pm

Half day options for non trip days: 7am-1pm (\$35) / 1pm-6pm (\$35)

Before & after care add ons: 7am-8am (\$8), 3pm-4.30pm (\$11) & 3pm-6pm (\$15)

Full week & sibling discounts available please contact KAS office or see our Facebook page for more details

[Click on the "book now" button to register your child](#)

BOOK NOW

MSD Social Sector Level 3 Accreditation



# SIMPLE HABITS THAT WILL MAKE YOU FEEL HAPPIER



We want all of our students to be happy and while we endeavour to make school a happy place, there are some simple things you can do to make you feel happier.

## WHAT IS HAPPINESS?

Happiness is an emotional state that is characterised with the feelings of joy, satisfaction, and fulfilment. Happiness is a sense of well-being, joy, or contentment.



### BE POSITIVE

Giving a positive vibe to people around you will bring happiness not only for them but for yourself too.



### EAT HEALTHY FOOD

Eating healthy foods will give you lots more energy than junk food will and it is very good for your body.

## GET ENOUGH SLEEP

By getting enough sleep you won't feel sluggish and you'll have more energy in the morning.



## EXERCISE MORE

When we exercise, our body gives out a hormone called endorphins, giving us the feeling of joy.



## WHY DO SOME PEOPLE FEEL UNHAPPY?

One of the most common reasons that can make people unhappy is waiting. When you wait for happiness thinking you'll be happy when you hit a goal, you deny yourself the ability to be happy in the present moment.

## HOW TO BE GRATEFUL

Have an open mind. Accept your strength and weaknesses. Be grateful. Do not be afraid of mistakes.

## SPEND TIME WITH YOUR LOVED ONES

Spending time with people you care about will give you a feeling of happiness.



\*PLEASE BE AWARE THAT THESE ARE INDICATIVE AND COULD CHANGE  
A 'WEEK AHEAD' IS POSTED ON OUR SOCIAL MEDIA PAGES EACH  
SUNDAY WITH UP TO DATE INFORMATION FOR THE WEEK AHEAD.

# Calendar Maaramataka for Term 2 2024

MON	TUE	WED	THU	FRI	SAT	SUN
Day 3 29 APRIL Term 2 Begins 12 OUT Trip	Day 4 30 Board Meeting	Day 5 1 MAY	Day 6 2 Extended Whaanau	Day 1 3	4	5
Day 2 6 13 OUT 5 Day Tramp	Day 3 7 13 OUT 5 Day Tramp	Day 4 8 13 OUT 5 Day Tramp	Day 5 9 School Assembly 13 OUT 5 Day Tramp	Day 6 10 13 OUT 5 Day Tramp	11	12
Day 1 13	Day 2 14 11 HOR Small Motors	Day 3 15	Day 4 16 Report Evening	Day 5 17	18	19
Day 6 20 Lit/Num Exams	Day 1 21 Lit/Num Exams	Day 2 22 Lit/Num Exams	Day 3 23 Levels Assembly 11OUT Tramp	Day 4 24 11OUT Tramp	25	26
Day 5 27	Day 6 28 Board Meeting	Day 1 29	Day 2 30 School Assembly	31 Staff Only Day	1 JUNE	2
3 Kings Birthday (Public Holiday)	4 Staff Only Day	Day 3 5 12OUT Mini Survival	Day 4 6 Extended Whaanau 12OUT Mini Survival	Day 5 7 12OUT Mini Survival	8 School Ball	9
Day 6 10	Day 1 11 12OUT Mini Survival	Day 2 12 12OUT Mini Survival	Day 3 13 Whare Assembly Science Roadshow 12OUT Mini Survival	Day 4 14 Teams Photos	15	16
Day 5 17	Day 6 18 Cross Country	Day 1 19	Day 2 20 School Assembly	Day 3 21 Tough Guy/Gal	22	23
Day 4 24	Day 5 25 Board Meeting	Day 6 26	Day 1 27 Levels Assembly	28 Matariki (Public Holiday)	29	30
Day 2 1 JULY 11OUT Rock Climbing	Day 3 2 11OUT Rock Climbing	Day 4 3	Day 5 4 School Assembly	Day 6 5 Term 2 Ends	6	7